

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and Preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves	Cereal with whole milk Toast and preserves
AM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Main Meal	Sweet and sour chicken served with noodles and prawn crackers	Home baked shepherd's pie with hidden vegetables	Chicken korma and rice, served with finger slices of naan bread	Roast Dinner: Roasted chicken, potatoes, a selection of vegetables, Yorkshire pudding	Salmon fillet served with mashed potato and baked beans.
Vegetarian	Vegetable Chow Mein	Vegetable pie served with mashed potato	Vegetable korma and rice, served with finger slices of naan bread	Roast Dinner: Potatoes, mixture of vegetables, Yorkshire puddings.	Vegetable bake
Dessert	Discoverer's & Explorer's; Stewed plums	Fruit cocktail and jelly	Homemade sugar free banana muffins	Flavoured yoghurt and fruit	Carrot cake
	Adventurer's; Fresh plums and ice cream				
PM Snack	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg	A Carbohydrate with a selection of fruit & veg
Tea	Crumpets	Warm buttered croissants	Bagels spread with cream cheese	Sandwiches/Wraps with a variety of fillings, served with vegetable sticks	Spaghetti hoops on wholemeal toast